Annual Report 2009

Growing together...

The YMCAs of Québec and The YMCAs of Québec Foundation

THE YMCAs OF QUÉBEC

Fulfilling lives

Yoga Class

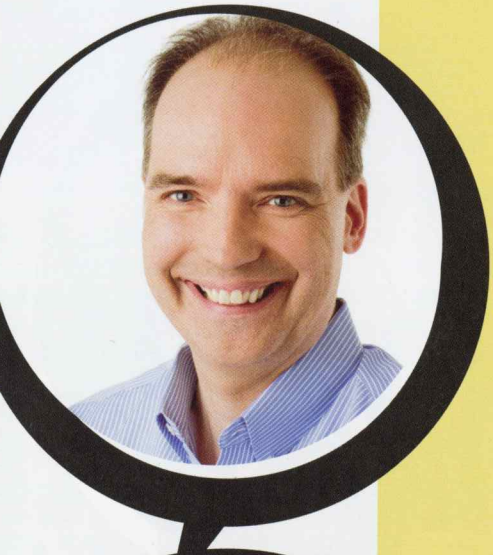
The YMCAs of Québec

Mission

The YMCAs of Québec is a charitable organization that contributes to the development of spirit, mind, and body, and to the well-being of individuals, families, and communities.

Values

- Participation and access
- Education and prevention
- Respect for others
- Volunteer work and philanthropy
- Self-empowerment



Message from The YMCAs of Québec

Better and better

In 2009, The YMCAs of Québec held firm to its objectives as it continued to consolidate the organization and intensify its actions regarding communities in need. Given the uncertain socio-economic climate, we invested cautiously and relied on an even greater collaboration with our partners. **This resulted in some great achievements of which we can be very proud.**

2009 was marked by the implementation of The YMCAs of Québec's strategic plan, which will guide us for the next five years. The strategic plan, entitled "Reaching out. Giving more.", gives meaning to our actions aimed at helping even more people across Québec.

In terms of investments, in 2009 we continued with a very important project. The Cartierville Y centre, a grassroots initiative, is a model partnership between the community, the governments, and the YMCA, who came together to revitalize a neglected neighbourhood by providing the area with a community and fitness centre. We invite you to come discover this extraordinary building, which will quickly become the recreational and meeting place of choice for the people of Ahuntsic-Cartierville.

In 2009, The YMCAs of Québec also implemented promising programs in many regions, including Quebec City. Notably, the Youth Eco Internship program now provides youth aged 15-30 with the opportunity to acquire work experience in an environment-related field within community organizations from coast to coast. As well, Alternative Suspension continues to move forward at full speed! This program, which was developed here to promote student success and which already serves more than 50 schools throughout Québec, has now been implemented in many other provinces. The program is so popular that it has even caught the attention of France, which wishes to implement our model as of this year. Our Y is spreading joy all around.

As the YMCA approaches its 160th anniversary – a remarkable display of longevity that we will certainly highlight – we would like to thank the volunteers and employees who devote their time and energy to building a stronger world, a world where people stand united and lead more fulfilling lives, a world where everyone can grow, develop, and have their chance to shine.

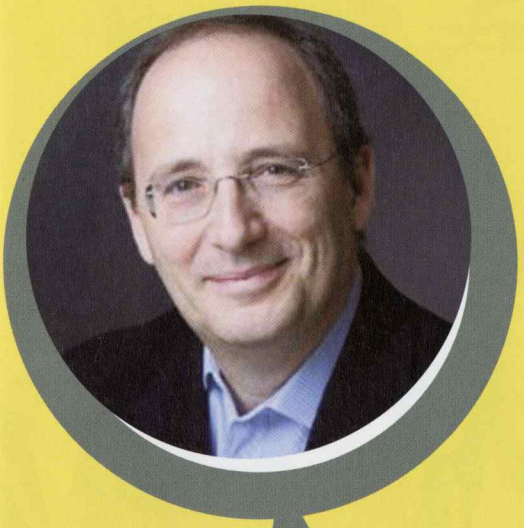
Daniel Boisvert,
Chair of the Board of Directors

Stéphane Vaillancourt,
President and Chief Executive Officer

Message from The YMCAs of Québec Foundation

The heart grows stronger

We began 2009 with a certain degree of apprehension: was the recession going to shake everyone's confidence and impact the Foundation's activities? Fortunately, this did not occur. **Our donors remained faithful to their philanthropic commitment and continued to believe in the positive social impact of The YMCAs of Québec.**



On our end, we ensured that their gifts were managed responsibly. For 2009, given the uncertainty of the markets and in line with many other foundations, we placed a moratorium on the distribution of income from our Endowment Fund. This allowed us to preserve the capital necessary to ensure the sustainability of the Y's mission. The income distribution will resume in 2010.

This did not impede us from continuing our development efforts. We were therefore able to practically complete phase I of the Kanawana Development Project, which will provide the camp with three-season eco-friendly facilities in order to welcome even more children from all walks of life. These achievements already make camp a model of community and sustainable development for the entire country.

We also launched our "Destination Youth" fundraising campaign with the goal of creating an outdoor recreational area at the new Cartierville Y centre. This initiative has sparked the interest of the neighbourhood youth, who look forward to discovering the areas and activities developed just for them.

Finally, our participation in the nationwide "YMCA Strong Kids" campaign was a huge success. Donors from Québec were very responsive and contributed over $300,000, which will be invested into homework help programs, day camps, hiring shadows for children with special needs, and other local community initiatives.

All of this generosity warms our hearts. Thank you to our donors and volunteers, as well as all those involved, from near or far, in building a better world.

Michael Goldbloom,
Chair of the Board of Directors

Michael Novak,
President

Graciela, Miguel, Paolo (8 years old), Natalia (5 years old) and Luca (2 years old), members of the West Island Y centre.

Portrait

BUILDING A NEW LIFE WITH THE Y

The YMCAs of Québec

Her name is Graciela. His name is Miguel. Together they form a charming couple who live in Dollard-des-Ormeaux, a suburb of Montreal, with their three young children. Graciela and Miguel discovered the YMCA three years ago soon after they had arrived from Mexico, where they had lived up until that point.

"By settling down here, our hope was to get a fresh start and, above all, to provide a better future for our children," says Miguel. The couple did not know anyone here, and Graciela was pregnant with her third child.

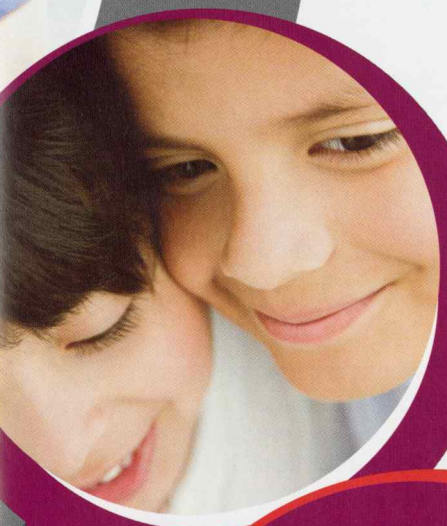
The welcome they received in Québec was wonderful. They immediately appreciated the kindness of the people, as well as the sense of freedom and safety that the city provided. The social worker with whom Graciela was in contact recommended the West Island Y centre and its childcare services. This was the start of a great adventure.

"I started going to the Y and through the daycare I was able to meet other moms who shared the same concerns as I did. They were my first real contacts in this country," states Graciela. During this time, Miguel learned about the Y's fitness facilities. Wanting to get back into shape, he began to workout; first at the pool, and then in the exercise rooms. This is where he first developed his interest in massage therapy.

The couple wasted no time in having their other family members discover the centre. Today, the entire family participates in the Y and benefits from the special family membership rate. Paolo, the eldest child at 8 years of age, enjoys the jungle gym and the aquatic facilities. Natalia, 4 years old, goes to the daycare 5 days a week. As for little Luca, 2 years old, he participates in various Y activities adapted to his age.

Aside from the recreational aspect and usefulness of its facilities, the YMCA has become an incredible community integration tool for this wonderful Latin-American family.

"We have no regrets about our decision to move to Québec, we feel a sense of fulfillment here. And the Y has truly become a second home for us," says Graciela in closing.



The **family membership** is an economical package designed for two adults living in the same household and their children under 18 years of age. It includes all the benefits of the network membership, special discounts, and offers unlimited access to recreational activities adapted to each age group.

Nyhal (16 years old), Jonna (16 years old) and Karen (17 years old), participants in the Saint-Laurent Y centre's Youth Zone and in the YMCA Youth Exchanges Canada program.

YMCA Youth Exchanges Canada is now in its 12th year of existence. In 2009, just over 2,000 Canadians aged 12-17 benefitted from this week-long educational exchange program that allowed the participants to discover other parts of the country, to get involved in community projects, and to develop ties with youth from other communities. On its end, The YMCAs of Québec had 338 participants, of which five groups were from Aboriginal communities.

Portrait

SEEING THE WORLD IN A DIFFERENT LIGHT

The YMCAs of Québec

It was cold on that day in Toronto, the kind of cold that leaves the city streets empty. But upon closer look, on the shores of Lake Ontario you could see a small group of brave youth who had come to gaze upon this inland sea that stretches out further than the eye can see.

Nyhal, Jonna, and Karen, along with seven other boys and girls who participate in the Saint-Laurent Y centre's Youth Zone, spent seven days in Toronto in the company of their guides Ruben and Mélanie as part of the YMCA Youth Exchanges Canada program. This program offers groups of youth aged 12-17 the opportunity to explore Canada in order to discover the diversity of its geography, cultures and communities, as well as to forge friendships with similar individuals in another community.

These young Montrealers were pleased to renew acquaintances with their peers from Toronto who had come to visit them one month earlier. Their hosts had prepared an incredibly busy but rewarding schedule. The first cultural challenge they faced was the issue of language. For one week, they were immersed in the language of Shakespeare.

After making the necessary tourist stops downtown, strolling through Chinatown (which Nyhal noted as being incredibly big!) and hanging around in the Arts District, the participants had their first taste of political life in Ontario by visiting City Hall and by attending parliamentary debates at the Legislative Assembly in Queens Park.

Aside from visiting tourist spots, the group was able to really see the city from an insider's perspective. This was thanks to the nature of the program, which is designed to promote interaction with "locals". The hosts took their guests to visit their College, invited them to participate in community work and had them take part in a multicultural show. Together, they explored the city's "everyday" neighbourhoods, interacting with the people who live and work there.

"What was interesting was being able to discover different cultures and being able to constantly share ideas. Everyone was listening," says Karen, who is also a member of the YMCA Youth Exchanges Canada advisory committee.

"The participants saw the city from a different angle, one where the human aspect of things is valued," explains group leader Ruben Escalante. It is said that trips can shape youth. If this is the case, then we can say that our exchanges open new horizons."

For these three youth exchange participants, the trip never really ended since they continue to be in contact with their friends from Toronto through Facebook.

Éric, participant of the Downtown Y centre's employment programs.

Since 1985, the **La Boussole - Employment Service** has been providing free services to individuals with criminal records in order to help them reintegrate into the workforce or return to school.

The **Espadrille Day Centre** is a program designed to promote the social reintegration of inmates in provincial detention centres.

Both of these community initiatives of The YMCAs of Québec focus on the social reintegration and employability of inmates and former inmates.

Portrait

The HEART IS STRONG

The YMCAs of Québec

Éric had everything he needed to be happy: friends, a university education, and a good job. But at 38 years of age, he lost his job. What followed were feelings of discouragement and depression. Éric got hooked on drugs and started a long, downward spiral that eventually landed him behind bars.

"In prison, I looked myself in the mirror and said, 'This isn't me. How could I have fallen so far?'" he recalls.

The correctional services chaplain was the person who first helped him renew his belief in himself. "I decided to pull myself together and use all of the tools that were at my disposal. I wanted to become the Éric I once was." Even though there were plenty of opportunities to do so in prison, Éric stopped using drugs. Instead, he headed to the office of the YMCA located within the correctional facilities, which offers various support services. One such service, designed to promote the social integration of inmates, is La Boussole - Employment Service. It is there that he began meeting Steve, the on-site counsellor, two days per month. Éric took an inventory of his skills, wrote his CV, and discussed what life after prison would be like. "Steve isn't a therapist. But talking to him made me feel better and the obstacles seemed less insurmountable," states Éric.

Upon his release, Éric made use of a different facet of La Boussole's services, only this time it was outside of the prison walls at the Downtown Y centre. Éric was pleasantly surprised by the warm welcome that awaited him at the Y, "There were times in my life when I believed people no longer had a heart. But I was wrong, the heart is strong."

La Boussole offered employment training to Éric along with a dozen or so other former inmates, integrated them into a job search group, and provided individual follow-up.

As the months went by, Éric discovered that finding work was not easy when labelled an ex-con. The Y then pointed Éric in the direction of *Les Démarcheurs*, a program which lends support during the interview processes with employers. After many weeks of hard work and despite the obstacles, there was a light at the end of the tunnel. This spring, Éric found a job.

This latest development has had an extremely positive impact on Éric's life. His dreams can now become a reality.

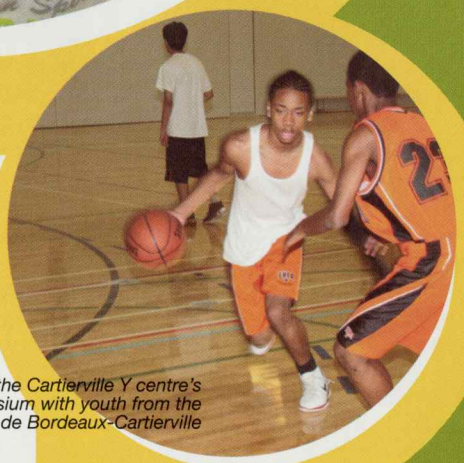
HIGHLIGHTS

2009 Annual Report The YMCAs of Québec

New YMCA brand makes headway

Our new name and visual identity **The YMCAs of Québec** and our slogan **Fulfilling Lives** have been progressively appearing in our centres and in our communication tools. Aside from our promotional material, we also began changing our centres' outdoor signage, and our employees' new uniforms now proudly bear the new logo. On the advertising front, the Y launched the **Do good for yourself, Do good for others** fitness membership campaign, with the main objective being the promotion of its philanthropic mission. The goal of the promotional membership campaign at the start of 2009 was also to get the public to discover our new website. Because of our drive to web approach in 2009, the website became a major promotional tool with over 28,000 unique visitors every month.

All of this hard work translated into a notable increase in fitness memberships. This is great news when we consider that the more members we have, the more we will be able to fulfill our social mission.



Inauguration of the Cartierville Y centre's gymnasium with youth from the Maison des jeunes de Bordeaux-Cartierville

The Cartierville Y centre: a positive impact for all, with a focus on youth

The Cartierville Y centre, the 10th YMCA in the province, will have opened its doors by the time you read these lines. The new $20M 88,000 sq. ft. fitness and community centre will certainly contribute to increasing the vitality and the quality of life of the Ahuntsic-Cartierville borough as a whole. Among the noteworthy initiatives is the **Destination Youth** fundraising campaign launched by The YMCAs of Québec Foundation, whose goal is to raise $350,000 to create an outdoor recreational area for youth, which will include a skate park, enrich the programming offered to youth, and to provide them with the necessary training to become lifeguards.

Furthermore, the arrival of this fitness and community centre will certainly have an impact on the neighbourhood in terms of employment. The Y's human resource team developed a recruitment and selection plan to fill 83 paid positions, with a majority of these filled by young adults. In order to help revitalize this disadvantaged neighbourhood, the Y wisely prioritized the hiring of candidates from the area. Moreover, over 50 individuals have made requests to volunteer at the centre.

The Cartierville Y centre is the result of a partnership between the *ministère de l'Éducation, du Loisir et du Sport du Québec*, the City of Montreal, the borough of Ahunstic-Cartierville and The YMCAs of Québec.

The new Cartierville Y centre, which opened its doors on April 24, 2010, includes magnificent facilities such as: an aquatic centre, a double gymnasium, an exercise room, studios, multi-purpose rooms, etc.

Exciting projects in Quebec City

Reach out to more people, offer more services. With the objective of one day building a new Y centre in Quebec City, The YMCAs of Québec launched, in collaboration with Quebec City, a study examining the different needs for fitness, recreational, and community activities in the borough of La Cité-Limoilou. Further studies will be required but a new Y centre, which would be the first one outside of the Greater Montreal area, will hopefully see the light of day in the neighbourhood of Saint-Roch!

As part of growing our presence in Quebec City, The YMCAs of Québec inaugurated a new community presence in the borough of Duberger-Les Saules, which is situated in the neighbourhood of du Buisson, to meet the neigbourhood's pressing needs. This disadvantaged sector of Quebec City is heavily populated and has little in the way of public infrastructures to offer services to the population. This new meeting place already welcomes about 60 youth participants in the Alternative Suspension program, along with many community groups that hold activities there on a regular basis. The *Local YMCA-communautaire Les Saules* was created thanks to the joint efforts of The YMCAs of Québec, the *CSSS de la Vieille-Capitale*, the borough of the *Rivières de la Ville de Québec*, the county of Vanier, the *Carrefour Jeunesse Emploi de la Capitale*, and the *Centre Ressources Jardin de Familles*.

Influenza A (H1N1)

The threat of a much talked about influenza epidemic last fall resulted in a series of preventative strategies being implemented in the Y centres. A special committee was formed to coordinate communication between employees and volunteers, as well as with our clientele, and allowed the implementation of a variety of measures to ensure the continuation of our operations in case an epidemic situation arose. The Y's plan addressed the issue from three angles: the protection of employees and members, the continuity of our operations, and the Y's role in helping the community at large.

Portage 2009: improve collaboration

Last June, delegates from The YMCAs of Québec headed to Winnipeg to participate in Portage 2009, a national conference bringing together all Canadian YMCA associations in order to develop improved collaboration across the country. Over 400 volunteers and leaders from the YMCA renewed their commitment to support children and youth. The participants adopted strategies that focus on improving the health of the more than 735,000 children and youth currently served by the YMCA movement in Canada, and to enhance our outreach and impact with respect to families.

For a greener Y

The YMCAs of Québec is more than ever committed to sustainable development policies and practices. The organization adopted a vision and a strategic plan aimed at reducing its ecological footprint, developing ties with ethical and environmentally-conscious partners, and raising public awareness on these issues among its members, volunteers and staff.

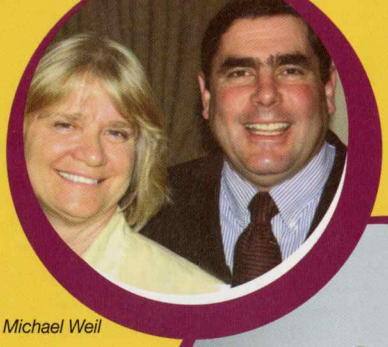
In 2009, a group of YMCA employees formed the Sustainable Y committee to turn these ideas into actions in each of the Y centres. The committee has already recruited an intern, has ensured the renewal of the *ICI on recycle* certification, and has increased the Y's focus on environmental awareness concerning its purchasing choices and the management of its facilities. The Y actively participated in the *Semaine québécoise de réduction des déchets*, World Water Day, Earth Day, *campagne Défi climat*, and in Environment week.

The Management Resource Centre does its part!

The YMCA Canada East Management Resource Centre (MRC) lends support and services to the 13 YMCAs and YMCA-YWCAs of the Maritimes. In 2009, the MRC East met with provincial groups in order to develop new areas of collaboration. As a result, YMCA leaders from across the country were dispatched to many YMCA centres in the Maritimes in order to help these YMCA management teams improve the organizational performance of their associations and centres.

The most sought after expertise had to do with the development of facilities, fundraising, as well as training for employees and volunteers. The MRC East office located in Halifax managed two YMCA programs on the region's behalf: Summer Work Student Exchange and Youth Eco Internships.

DONATIONS and VOLUNTEERING



Judy and Michael Weil

Recipients of the 2009 Peace Medals

The 2009 Peace Medal recipients

During the **2009 Peace Medal ceremony**, The YMCAs of Québec honoured three exceptional individuals and two humanitarian organizations all of whom are dedicated to peace. Halah Al-Ubaidi, Noreen Majeed, Claudine-Michèle Desjardins, Leadership Services Youth and Sexualization Project, and Exeko distinguished themselves through their actions that inspired peace at the local, national, and international levels. An honorary peace medal was also awarded to Senator and Lieutenant General Roméo Dallaire in recognition of his exemplary commitment to maintaining peace. The funds raised at this event benefitted the international youth exchange programs. Thanks to our sponsors: Power Corporation of Canada (Ambassador category); Centaure Financial Services Firm, and Solstice Financial Group (Youth for Peace category).

Kanawana: significant progress

Phase I of the Kanawana Development Project is coming to an end. The camp's young campers and counsellors will soon be able to experience the 12 new three-season cabins erected this year on its wonderfully forested site in Saint-Sauveur. The cabins and the two sanitary facilities (completed in 2007), were made possible thanks to over $1.8 million in donations. The fundraising campaign is ongoing with the final objective being the construction of two learning pavillons in 2010-2011, thus completing Phase I of the development project.

All these new facilities will allow the camp to offer environmental programming from spring to fall to a larger variety and greater number of clients including schools, families, and community groups. They will also help position the camp as a model of sustainable development for other outdoor centres and camps across the country. The aim of the Kanawana Development Project is to welcome even more children and youth from all walks of life and to give them a memorable experience through environmental education. Since 2004, the percentage of campers receiving financial assistance to attend camp has grown from 4% to 26%.

Golf for a good cause!

One hundred and forty golfers came out to the Pinegrove Country Club on a beautiful summer's day in order to once again demonstrate their support for YMCA youth programs. Over $75,000 was raised to help fund the Y's nine Youth Zones and the Association's Youth Leadership programs. Thanks to all the volunteers who lent a hand to The YMCAs of Québec Foundation, and thanks to all our sponsors: Dectron internationale, Maison Ogilvy, Solmex Maintenance Inc. (Leadership category); CB Richard Ellis, SNC-Lavalin (Mentor category); Centaure Financial Services Firm, Morin Public Relations, Servicorp (Patron category).

Let's adopt Adopt-a-School!

Spearheaded by the Guy-Favreau Y centre, the **Adopt-a-School** program continues to do great things for elementary school children in Montreal's Centre-Sud district. This year over $70,000 was invested in order to offer enriched educational programs, bursaries for students and financial assistance for campers. This was all thanks to our donors who chose to give to this noble cause. The **Adopt-a-School** program was created in 2006 thanks to a partnership between Desjardins Asset Management and The YMCAs of Québec with the aim of promoting equal opportunity. The program provides financial support to elementary schools located in disadvantaged neighbourhoods. Since 2007, Desjardins Asset Management and its partners have adopted three schools in the Centre-Sud neighbourhood and have donated close to $400,000.

Strong Kids campaign: goals met

In 2009, The YMCAs of Québec participated in the nationwide **YMCA Strong Kids** campaign which was a huge success. The campaign allowed the Y centres to raise over $300,000 which was redistributed, to such programs as homework help, day camps, seniors programs, and hiring shadows to help support children with special needs. With such a positive result The YMCA Strong Kids campaign is an experience worth repeating.

New volunteer software

A management data software called Volunteer Impact was launched in all of the centres by our volunteer managers. This new software provides, amongst other things, a clear understanding of volunteerism at the Y and will enable us to better communicate with the 1,450 volunteers of The YMCAs of Québec. This acquisition is part of the Human Resources team's action plan.

Participants in the Rendez-vous Y program

Heritage Club

The 21st **Heritage Club** dinner, an event that highlights the Foundation's Endowment Fund, was held in March 2009. Throughout the evening, Endowment Fund donors learned of the impact that their investments have had on youth. The evening culminated in the presentation of the Gabrielle and Maurice A. Massé Award to Judy and Michael Weil, a couple who has contributed greatly to the successes of The YMCAs of Québec through their involvement over many years as directors, employees, and volunteers.

Three-season cabins erected on Kanawana's wonderfully forested site in Saint-Sauveur

COMMUNITY INITIATIVES

The YMCAs of Québec

Alternative Suspension grows

The popularity of the **Alternative Suspension** program cannot be denied. This program, aimed at curbing student drop-out, is now implemented in nine cities across the province (Quebec City, Joliette, Valleyfield, Longueuil, Repentigny, Trois-Rivières, Maskinongé, Huntingdon, Louiseville) and boasts a total of 16 points of service that serve over 60 high schools. Furthermore, seven Y centres in as many Canadian cities are interested in this program, developed by The YMCAs of Québec. They plan on implementing it in their communities in the coming year. The program has also drawn attention from the French government who may try out the program as of 2010. **Alternative Suspension** will receive financial support of $6.9 million over the course of five years from the National Crime Prevention Centre (NCPC), a division of Public Safety Canada. The Montreal team coordinates the national Alternative Suspension program.

The YMCA Residence – busy as always

While the number of asylum-seekers decreased in 2009 due to new federal policies, The YMCAs of Québec Residence continued to work with clients in need. New agreements have been established with the *Office municipal d'habitation de Montréal* in order to welcome homeless families for stays of up to two months. As well, agreements have been made with the *ministère de l'Immigration et des Communautés culturelles* in order to assist new refugees.

The expansion of our catering service continued with the Y Residence preparing healthy meals during the course of the school year for 200 students attending *Jean-Baptiste-Meilleur, Champlain*, and *Saint-Anselme* schools.

Black History Month at the Notre-Dame-de-Grâce Y centre

In order to highlight the historical contributions of the Black community, last February the Notre-Dame-de-Grâce Y centre put on a show showcasing artists from the local community. The show featured gospel, tap dancing and R & B. Furthermore, with the help of its Youth Zone, the Y organized various events that included Caribbean cuisine and African music.

The Westmount Y centre's day camp

A green alleyway

In order to improve the quality of life of their neighbourhood, a dozen visually and hearing impaired youth collaborated with local citizens in helping make the Blanchard alleyway in Little Burgundy "green". The initiative, supported by the Pointe-Saint-Charles Y centre's Eco-quartier in Centre-Sud, consisted of planting a garden with perennials and shrubs. Students at the specialized McKay Center raised the funds needed for this project.

There's no stopping First Stop

To celebrate the 10th anniversary of **First Stop**, in September the Downtown Y centre team and the First Stop workers increased its welcome and referral services to seven days a week rather than the usual six. In order to prevent homelessness, **First Stop** provides first-line services to vulnerable individuals with limited resources, who arrive in Montreal by bus and whose destination is unknown. **First Stop** helps over 800 people per year, offers referral services to some 75 organizations, and works in collaboration with more than 450 resources from the milieu.

Rendez-vous Y

Since January 2009 the young at heart have been meeting at the Downtown Y centre! Citizens aged 60 and over benefit from the ability to use the Youth Zone while the youth are at school. They come to chat with their friends, make new acquaintances, share ideas, play board games, get back into shape and acquire new skills.

Park facilitators

How can the residents of a community improve their quality of life? One way is to have activities in public places. In the borough of Hochelaga-Maisonneuve, facilitators supervised by the neighbourhood's Y implemented family activities in two parks that had become areas to avoid. By having the local population reclaim these green spaces, youth gangs and those living a life of vagrancy and prostitution were driven away. This pilot project stems from the *Plan d'action afin de contrer la violence et la consommation chez les jeunes* established by the *Concertation jeunesse Hochelaga-Maisonneuve.*

CHILDREN and YOUTH

C-Vert

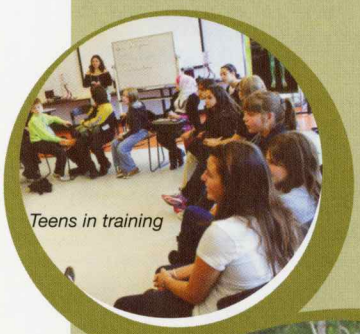
In 2009, two additional Y centres participated in the **C-Vert** environmental youth program. After experiencing the outdoors first hand at camp Y Kanawana and having participated in workshops with environmental specialists, youth aged 14 to 16 from the Notre-Dame-de-Grâce, Saint-Laurent, and Hochelaga-Maisonneuve Y centres rolled up their sleeves and carried out green community development projects in their neighbourhoods. Notably, one of the projects involved the greening of an alleyway in Hochelaga-Maisonneuve.

Youth Eco Internships

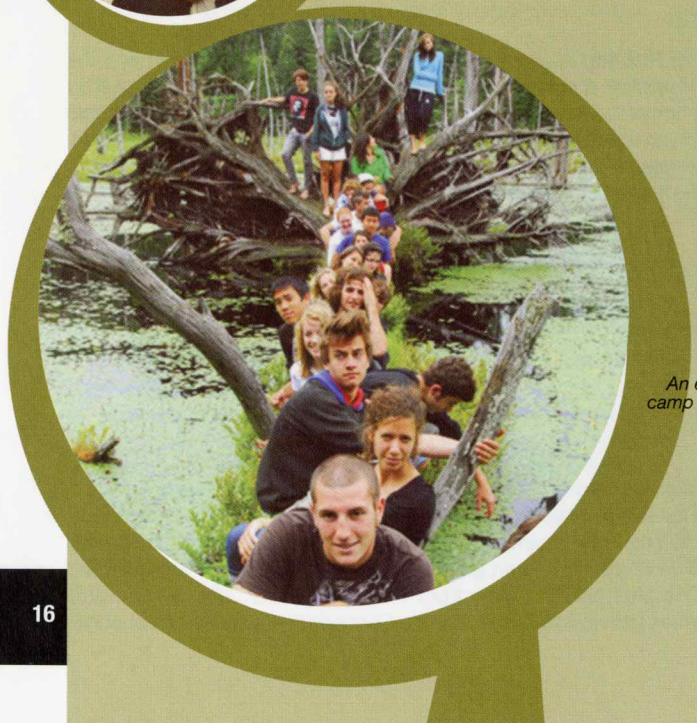
Between now and the end of 2010, over 150 unemployed Québec youth aged 15 to 30 will have had the opportunity to participate in a paid 3 to 12 month internship in community organization across the province. These internships, which are administered by The YMCAs of Québec, focus on the environment and are offered as part of Canada's Economic Action Plan. This is a unique opportunity for youth to gain experience in an up-and-coming field.

After-School program

The Notre-Dame-de-Grâce, Hochelaga-Maisonneuve, and Pointe Saint-Charles Y centres welcomed approximately 100 children from kindergarten to grade 6 as part of the **After-School** program. Weekdays from 3:30 p.m. to 6:00 p.m. and sometimes on Saturdays, the children received help with their homework and participated in a variety of supervised activities including sports, arts, and more. Other activities, include science and cooking workshops, circus arts, improvisation, and choir.



Teens in training



An expedition at camp Y Kanawana

A celebrity rapper at the Y

Popular French rapper Oxmo Puccino caused quite a commotion at the Y. The rapper, who has five albums to his credit, was in Montreal to perform at Metropolis as part of the Francofolies festival. He took advantage of his time in Québec by giving a workshop-conference to youth at the Du Parc Y centre. These youth participated in a variety of activities that led them to think critically about music and the challenges of the community. Much to their delight, Oxmo stayed and chatted with the youth for longer than his scheduled time.

Healthy Kids Day: a wonderful event

On May 30th and 31st, The YMCAs of Québec welcomed over 200 families in all of their Y centres as part of **YMCA Healthy Kids Day**. The event allowed children and parents to jointly take part in fitness and recreational activities, nutritional workshops, and more. The goal was to encourage healthy living and to strengthen family ties.

Outdoor education for schools

Over 500 students from six schools and 12 community groups participated in outdoor education programs at camp Y Kanawana in 2009. The camp offered the groups outdoor education with content developed in partnership with the Commission Scolaire de Montréal (CSDM) and the 4-H Clubs of Québec. As part of the *École en forme et en santé*, and the *Bouger une heure par jour* programs, the students received outdoor education with a pedagogical component that tied into the educational objectives of the classroom.

Girlz Club: an emotional experience

What are the living conditions of young girls around the world? What does the future have in store for them? In order to raise awareness on these issues for the **Girlz Club** members, the Notre-Dame-de-Grâce Y centre organized a viewing of the movie "*Des marelles et des petites filles*" by director Marquise Lepage. The documentary, which illustrates what young girls in India, Peru, Yemen, Thailand, and Haiti are subjected to, stimulated a discussion and led to the implementation of a child-sponsoring program in Haiti.

Y Planet gets youth active

The West Island Y centre inaugurated **Y Planet**; a new recreational area for youth aged 6 to 17. Y Planet includes interactive fitness games and videos that put their physical abilities, memory, and collaborative skills to the test. A YMCA pilot project, **Y Planet** originated from a desire to attract more youth to the Y centres, to offer them the opportunity to acquire healthy lifestyle habits, and to prevent obesity in children. The popularity of the project continues to grow.

HEALTH, FITNESS and RECREATION

The YMCAs of Québec

Car-free fun with the YMCA

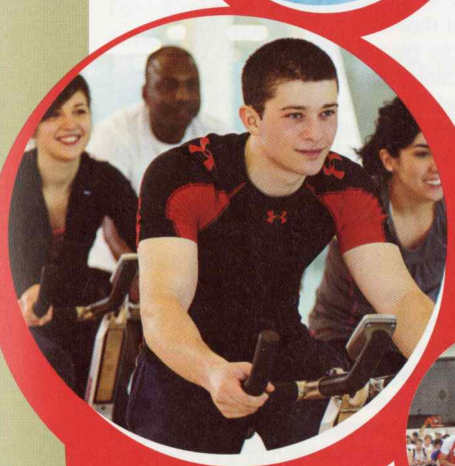
The YMCAs of Québec participated in the 7th edition of ***En ville sans ma voiture!***, an eco-friendly event held in September in downtown Montreal and simultaneously in many other cities in Canada and around the world. To mark the event, the YMCA offered a series of fitness activities to the general public in the outdoor car-free zone. The only participation requirement was getting to the event using only active or public transportation!

Seniors in Action

The Du Parc Y centre has created a program to help seniors adopt healthy lifestyle habits and to integrate fitness activities into their everyday lives. Offered at the Du Parc Y centre and in certain low-cost housing projects and community centres in the neighbourhood, the program has been well-received by seniors as it allows participants to be supervised by a fitness specialist.

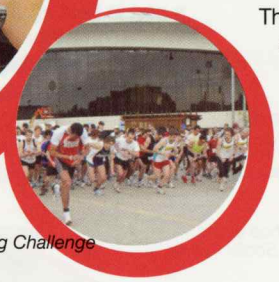
Work out with your doctor

Every Wednesday and Thursday evenings, The West Island Y centre welcomes the group **Work out with your doctor**, a fitness program which includes an educational medical component. This activity was launched with the collaboration of the *centre médical CardioGenix*, the neighbourhood CLSC and CSSS, as well as the Lakeshore General Hospital.



The Spring Challenge gets the crowds running

The 6th edition of the **Spring Challenge** was an unprecedented success. Funds raised from the event helped support the Hochelaga-Maisonneuve Y centre's community initiatives. Over 700 people came to run or walk through Maisonneuve Park and Montreal's Botanical Garden over distances of 1, 2, 5, or 10 km. The **Spring Challenge** is an officially sanctioned race and is an event that is not to be missed. The funds raised help support youth leadership development, educational and fitness activities, and the integration of youth with special needs into the day camp.



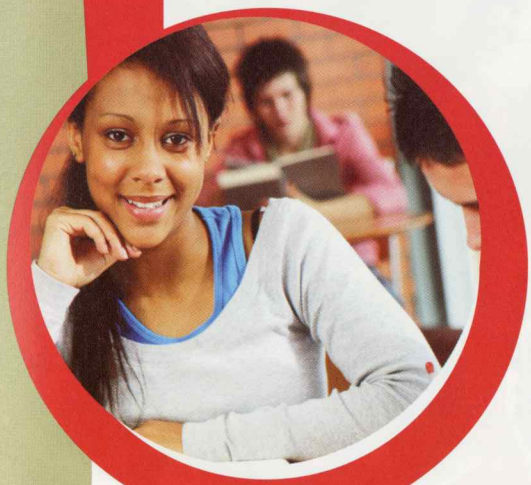
Cardio-cycle class

Spring Challenge

Following the trend!

The times change and so do the trends. Many Y centres have added activities that are in high demand to their fitness programming, such as tap, zumba, and gymstick. Zumba, which is derived from rumba, is based on choreographed routines combining aerobic dance steps with movements that sculpt the body. Gymstick is a series of cardiovascular and muscular exercises using a stick with an elastic band.

EDUCATION and TRAINING



International Language School

The International Language School of The YMCAs of Québec was well represented at various educational tradeshows, schools, and colleges in South America and Turkey. Our presence in Brazil resulted in a marked increase in registrations from that country. The International Language School also welcomed a group of students who wanted to perfect their English. While in Montreal, these students stayed at the Y Residence.

Speaking of which, the Y Residence now offers housing for international students. They now have access to an entire wing of the building which includes rooms, a shared kitchen, a living room area, etc.

An increase in registrations!

The YMCA offers an array of training activities pertaining to Health, Fitness and Recreation, ranging from fitness instructor training to cardiopulmonary resuscitation classes, and from health workshops to lifesaving classes. The YMCA had a record year with almost 2,500 registrations in 2009!

INTERNATIONAL INITIATIVES

A $6.7 million agreement with CIDA

Excellent news was received in January when YMCA Canada and the Canadian International Development Agency (CIDA) signed a $6.7 million five-year agreement to support the 43 YMCA centres in Canada for their initiatives in many African and Latin American countries. With this funding, the Downtown, Guy-Favreau, West Island, Saint-Laurent, and Westmount Y centres can now extend and strengthen their programs and partnerships with, amongst others, the YMCAs in Haiti, Honduras, Nicaragua, Ecuador, and Guatemala.

As well, two YMCA employees participated in a special meeting of the Latin American and Caribbean Alliance of YMCAs (LACA) in order to help consolidate their programs, gather resources, and find local sources of funding.

YMCA/ACJ of Nicaragua

The YMCAs of Québec collaborated with the YMCA/ACJ of Nicaragua in the implementation of a program promoting women's rights in the hopes of reducing acts of violence against them. The project is based on the creation of a community network comprised of youth to help raise awareness and bring about change. This program has the financial support of the *ministère des Relations internationales du Québec*.

Québec Social Forum

Representatives from The YMCAs of Québec offered eight workshops as part of the **Québec Social Forum** held in Montreal in October. The event drew 4,000 participants interested in the various issues and challenges society is faced with.

No to sexist and violent toys

Because we want children to live in a world without violence and sexism, The YMCAs of Québec led an awareness campaign inspired by the YMCA of Ecuador. The campaign promoted games and toys that are equally suitable for boys and girls and attempted to breakdown stereotypes and encourage cooperation.

Intercambio for youth

A delegation of eight youth aged 15 to 17 accompanied two YMCA representatives from the Hochelaga-Maisonneuve and Westmount Y centres for a two-week trip to Nicaragua as part of the **Intercambio** exchange program. The experience of staying with a host family allowed them to meet their peers from the YMCA of Nicaragua and share ideas on common issues such as the environment, poverty, AIDS, and children's rights. The youth also had the opportunity to understand the importance of Nicaragua's community resources by visiting the new YMCA youth centre and by meeting some 20 dedicated volunteers.

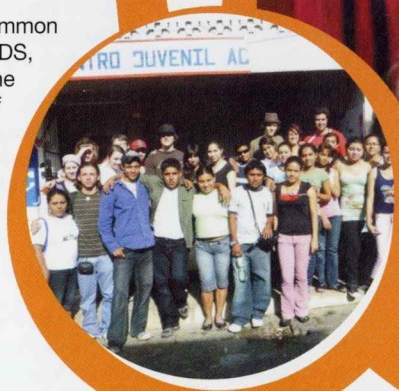
The Y at the World Social Forum in Brazil

Sixty-two students from UQÀM and the universities of Sherbrooke, Trois-Rivières, and Ottawa, as well as their professors and a group of citizens, participated at the World Social Forum in Bélem, Brazil. The trip was organized by the International Initiatives department of The YMCAs of Québec. Before leaving, the participants were provided with training in order to become familiar with global social and economic realities, with a focus on Brazil. This served as an introduction to the way an international forum functions. Upon their return, they were asked to share their experiences. A gathering place for the alter-globalist movement, the social forums are public places where notions of sharing, solidarity, and social justice are valued and debated. The group from the YMCA presented four workshops during the event. Next destination: Dakar in 2011.

Women first, then water

Each of the Y centres of Québec played a part in hosting awareness activities for International Women's Day (March 8) and for World Water Day (March 22). Over the course of these two days, volunteers and organizers gave meaning to the expression "Think globally, act locally."

A workshop at the Québec Social Forum



Youth from Québec in Nicaragua

Social audit

Through its programs and activities, The YMCAs of Québec reaches nearly 100,000 people every year. This social audit would not be possible without the exceptional dedication of our 1,450 volunteers and 1,300 employees.

PROGRAMS	2009
After-school and homework help programs	388
Alternative Suspension and stay-in-school programs	789
Awareness and training in international issues	5,511
Community support	1,081
Food services programs	745
Compensatory work - Adult offenders	4,965
CPR and First Aid courses	773
Day camps	1,732
Éco-quartier	680
Employability training and development for adults and youth	936
Family programs	2,851
First Stop prevention program	413
Fitness instructor training	669
Health and fitness activities (memberships)	33,260
Hockey arena rental	2,172
IMPACT program for young offenders	1,770
Intergenerational programs	31
International Language School	4,340
International partnerships	5,285
Leadership programs	276
Leisure activities for people with disabilities	241
Lifeguard certification	485
Meeting rooms for community groups	3,095
Pedagogical day programs	308
Preschool and daycare programs	1,270
Prevention in schools and on the street	1,034
Programs for ex-offenders	2,499
Programs for people who are isolated, underprivileged or homeless	330
Programs for refugees and immigrants	2,954
Programs for seniors	824
Residential camp - Y Kanawana	1,281
Ski and snowboarding school	260
Swimming lessons	5,446
Tandem Montreal - Security and neighbourhood relations	3,388
YMCA Youth Exchanges Canada	967
You Can Go (Canadian Post-Secondary Access Partnership)	724
Youth Zones	2,451
TOTAL	**96,224**

At the day camp

An outdoor education class at camp Y Kanawana

Access for All policy: a Y for everyone

For many years now, The YMCAs of Québec has implemented a flexible pricing system adapted to the income of its participants. Thanks to the **Access for All policy**, everyone can equally and fully benefit from the numerous programs and activities offered at their Y centre! In 2009, 5,293 individuals received a total of $ 775,861 in financial assistance from the YMCA.

Innovation, Research and Development Fund

The **Innovation Fund** supported five new community initiatives in 2009. The YMCAs allocated a total of $41,343 for the implementation of a day centre for seniors (Downtown), the C-Vert environmental program (Hochelaga-Maisonneuve), Seniors in Action (Du Parc), *Moi aussi pour les enfants ayant des besoins spéciaux* (Du Parc) and park facilitators (Hochelaga-Maisonneuve).

The YMCAs of Québec

Governance

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Chair
Travelika

Demers, Liliane

Denis, Daniel (*)
1st Vice-Chair and Treasurer
Groupe Secor

Deschâtelets, Marc
Le Groupe KWA

Donohue, Joe

Hynes, Jocelyne
Secretary

Joizil, Karine
Fasken Martineau

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2nd Vice-Chair
Nutrisoya

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Perkins, Benjamin Lynn
Cabinet BNP

Raswork, Ezana
Canwest

Sauriol, Caroline (*)
Les petits frères des Pauvres

Staco, Édouard
Cégep Saint-Laurent

Tremblay, Jean-Guy
Super C

Tremblay, Pierre
Bombardier Aérospatial

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The YMCAs of Québec
President and CEO

Vendette, Rosalie

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Tremblay, Guylaine
Tremblay, Jean-Guy
Tremblay, Pierre

Nominating Committee

Brennan, Nicole (External)
Deschâtelets, Marc
Dunne, Paul (External)
Perkins, Benjamin Lynn

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Gowdy, John
Liepins, Catherine
Robitaille, Édouard (Chair)
Royer, Anne
Salek, Salwa
Sauriol, Chantal
Théoret, Jean-Guy

Du Parc Y centre

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Brennan, Nicole
Brown, Karen
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Dorion, Marguerite
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Lescop, Annik
Malo, Diane
Orvoine, Cédric
Papatheodorakos, Nick
Rolland, Odile
Schirardin, Claudine

Guy-Favreau Y centre

In process

Hochelaga-Maisonneuve Y centre

In process

Kanawana Y centre

Adam, Chris
Aronson, Matt
Bennett, Don
Day, Sean
Deschâtelets, Marc
Hammerman, Matt
Henle, Steve (Chair)
Lazarus, Lenny
Séguin, Michel
Weil, Judy

Notre-Dame-de-Grâce Y centre

In process

West Island Y centre

Bluteau, Rosaire
Clifford,Wayne
D'Cruz, Leela
Deslongchamps, Yves
Ellison, Diane (Chair)
Hall, Trevor
Mouracade, Nick
Ratnasingham, Giri

Pointe-Saint-Charles Y centre

In process

Saint-Laurent Y centre

Abadie, Mireille
Lampatos, Nicky
Ligondé, Christine
Pagotto, Mary
Sabo, Joe
Trottier, Carole (Chair)

Westmount Y centre

Beitel, Debby
Butler, Noel
Campbell, Cynthia (Chair)
Hayman, Lisa
Karass, Léa
Kelly, Shauna
Lalonde, Sylvain
Mendell, Mike
Peterson, Danna
Wilson, James
White, Gary

Community Programs of Quebec City

Demers, Denis
Gagné, Claude H. (Chair)
Jean, Auguste
Mathieu, Gaétan

SENIOR MANAGEMENT

Alatorre, Pascal
Director
Residence

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Notre-Dame-de-Grâce Y centre

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Director
Guy-Favreau Y centre

Day, Sean
Director
Camp Y Kanawana

Deslongchamps, Yves
Director
West Island Y centre

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Community Initiaves

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Director
Downtown Y centre

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Facilities

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Executive Assistant to
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Coordinator
Canada East – Management
Resources Centre

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International Programs

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Du Parc Y centre

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Director
Financial Development

Nassif, Néhal
Director
Cartierville Y centre

Parry, Sharon
Director
Pointe-Saint-Charles Y centre

Poirier, Manon
Director
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Pradel, Emmanuele
Director
International Language School

Saint-André, Serge
Director
Operations

Simard, Suzanne
Director
Marketing

St-Yves, Richard
Director
Operations

Tierney, Daniel
Director
Development

Tremblay, Guylaine
Director
Finance and Administration

Vaillancourt, Stéphane
President and CEO

White, Gary
Director
Westmount Y centre

Vacant
Saint-Laurent Y centre

(*) Executive Committee members
(**) Resignation during term of office

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Desmarais Sr., Hon. Paul G.
Gallery, Brian O'N.
Jacques, Serge A.
Lemay, Claude
O'Brien, Philip
Rolland, Lucien G.
Turner Jr., William I.M.

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Turcotte, Michael L.
Webster, Judith

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PRESIDENT OF THE FOUNDATION
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SNC-Lavalin

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Boies, F.-Dominique (**)
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Boisvert, Daniel (*)
TraVelika

Côté, Marcel
SECOR

Finn, Sean
CN

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Fasken Martineau

Giguère, C.A., Laurent (*)
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CEPSUM

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Transcontinental Inc.

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Lorange, Robert
CIBC Bank

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Massicotte Capital Inc.

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Desjardins Securities

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Osler, Hoskin & Harcourt

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Teodoresco, Serban (*)
Preventa

Trân, Thu-Cuc T.
Ministère de la Santé et des Services Sociaux du Québec

Vaillancourt, Stéphane (*)
The YMCAs of Québec

Webster, Meredith

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Aune, J. Brian
Birks, H. Jonathan
Black, Herbert
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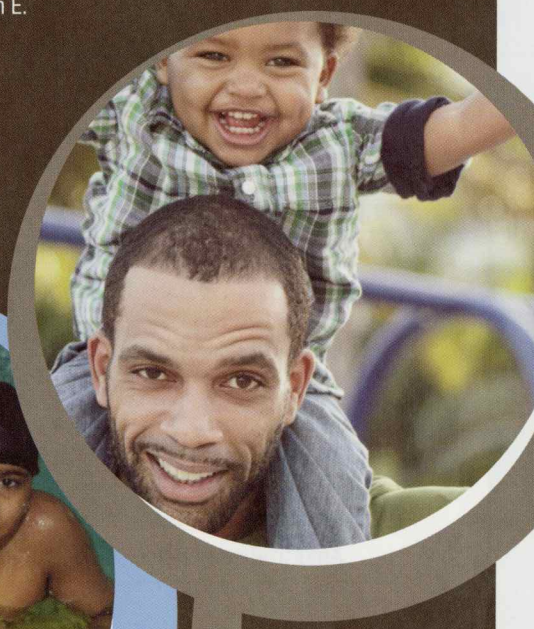
Bougie, Jacques
Bourbonnais, André
Charbonneau, Christian
Cleghorn, O.C., F.C.A., John E.
Cyr, J.V. Raymond
Drury, Victor M.
Dunne, Paul
Echenberg, Paul S.
Forget, C.M., Maurice
Garcia, Claude A.
Gillespie, Thomas S.
Hantho, Charles H.
Langelier, Jean-Guy
Leclair, Daniel
Loucks, Ronald C.
Nadeau, Richard
Ouimet, Gilles P.
Reitman, Jeremy H.
Ridley, William
Rourke, Glenn R.
Saint-Pierre, Guy
Stewart, Guthrie J.
Thompson, John D.
Vineberg, Robert S.
Wener, Jonathan I.

MEMBERS OF THE 2009 YMCA PEACE MEDAL ORGANIZING COMMITTEE
Gourdeau, Jean-Guy (Chair)
Philion, Richard
Sauriol, Caroline

MEMBERS OF DESTINATION YOUTH CAMPAIGN COMMITTEE
Afarian, Viken
Laurin, Jeannine
Lemay, Claude
Morneau, Vicky
Sereno, Alex
Topikian, Harry (Chair)
Tremblay, Benoit

MEMBERS OF THE 2009 GOLF TOURNAMENT ORGANIZING COMMITTEE
Charbonneau, Christian
Jackson, Rick
Lemieux, Claire
Sacco, Carmine (Co-Chair)
Teodoresco, Serban (Co-Chair)
Tremblay, Stéfan

(*) Executive Committee of the Foundation
(**) Resignation during term of office



The first swim at the Cartierville Y centre with children from École Louisbourg

The YMCAs of Québec

Statement of operations

year ended December 31, 2009

	2009 $	2008 $
Revenue		
Program activities	**22,536,118**	21,981,945
Government - fees for services	**7,117,248**	6,307,830
Institutional services	**3,329,242**	5,219,821
Rent	**2,214,839**	2,224,606
Centraide of Greater Montreal - community services	**1,506,240**	1,513,668
Donations of the YMCAs of Quebec Foundation	**343,539**	163,435
Gain on disposal of capital assets	**5,489**	19,449
Other revenue	**12,959**	117,358
	37,065,674	37,548,112
EXPENSES		
Salaries and social benefits	**22,059,765**	21,472,882
Repairs and replacements, maintenance supplies and service contracts	**3,268,584**	3,249,673
Program expenses	**2,403,360**	2,751,190
Heat and electricity	**1,411,939**	1,402,951
Office expenses	**741,793**	825,363
Advertising expenses	**780,613**	948,330
Rent	**971,408**	914,625
Professional fees	**1,110,724**	1,160,001
Employee expenses and development	**550,835**	709,464
Insurance and taxes	**504,609**	561,375
YMCA Canada fees and other dues	**413,947**	384,362
Other expenses	**910,487**	403,940
Bank charges	**384,974**	374,345
Contributions to the Foundation's operations	**262,412**	252,196
Bad debt	**90,123**	110,139
	35,865,573	35,520,836
Excess of revenue over expenses before interest on mortgage loan, amortization of capital assets and amortization of deferred contributions related to capital assets	**1,200,101**	2,027,276
Interest on mortgage loan - Avenue du Parc and other financing costs	**256,849**	375,944
Amortization of capital assets	**2,922,970**	2,869,276
Amortization of deferred contributions related to capital assets	**(887,278)**	(846,833)
	2,292,541	2,398,387
Deficiency of revenue over expenses	**(1,092,440)**	(371,111)

The YMCAs of Québec

Balance sheet

as at December 31, 2009

	2009 $	2008 $
ASSETS		
Current assets		
Cash and short-term investments	**4,391,082**	4,157,671
Accounts receivable	**2,820,075**	2,343,246
Grants receivable	**366,898**	344,829
Amount due from the YMCAs of Québec Foundation	**3,278,342**	3,109,586
Supplies and prepaid expenses	**309 829**	408,413
	11,166,226	10,363,745
Guaranteed investment (rate of 1.5% maturing on January 20, 2011)	**100,000**	-
Grants receivable	**390,379**	757,276
Capital assets	**42,171,914**	30,209,759
	53,828,519	41,330,780
LIABILITIES		
Current liabilities		
Current portion of interim credits related to Cartierville project	**824,530**	-
Accounts payable and accrued liabilities	**8,838,502**	6,134,898
Deferred restricted revenue related to program activities	**1,028,025**	782,076
Deferred revenue - other	**2,358,717**	2,340,201
Current portion of long-term debt	**697,257**	4,772,364
Current portion of obligations under capital leases	**2,835**	2,591
	13,749,866	14,032,130
Interim credits related to Cartierville project	**10,215,488**	-
Deferred contributions related to capital assets	**15,257,465**	15,019,743
Long-term debt	**4,195,577**	773,509
Obligations under capital leases	**5,332**	8,167
	43,423,728	29,833,549
NET ASSETS		
Invested in capital assets	**11,730,708**	10,735,490
Internally restricted	**1,200,000**	1,200,000
Unrestricted	**(2,525,917)**	(438,259)
	10,404,791	11,497,231
	53,828,519	41,330,780

Approved by the Board

Daniel Boisvert

Director

Director

THE YMCAs OF QUÉBEC FOUNDATION

Statement of operations and changes in net assets

Year ended December 31, 2009

	General Fund	Endowment Fund	Total 2009	Total 2008 (Restated)
	$	$	$	$
REVENUE				
Contributions received as endowments	-	41,255	41,255	72,652
Annual campaign	307,373	-	307,373	266,337
Special events	151,162	-	151,162	80,625
Fund raising campaign	214,967	-	214,967	338,716
	673,502	41,255	714,757	758,330
Investment income (loss)	792,024	-	792,024	(633,136)
Revenue before expenses and donations	1,465,526	41,255	1,506,781	125,194
EXPENSES				
General administration				
Salaries and employee benefits	219,984	-	219,984	206,221
Office expenses	21,293	-	21,293	18,243
Professional fees	1,450	-	1,450	18,646
Advertising	12,603	-	12,603	9,243
Development of personnel	5,101	-	5,101	10,828
Insurance	-	-	-	6,535
Contributions	25,848	-	25,848	5,415
	286,279	-	286,279	275,131
Contribution from The YMCAs of Québec to the operations of the Foundation	(262,412)	-	(262,412)	(252,196)
	23,867	-	23,867	22,935
Fund raising campaign	20,785	-	20,785	1,502
Special events	73,802	-	73,802	44,283
	94,587	-	94,587	45,785
Endowment fund				
Office expenses and special event	24,318	-	24,318	12,978
Total expenses	142,772	-	142,772	81,698
Excess of revenue over operating expenses	1,322,754	41,255	1,364,009	43,496
Less donations to The YMCAs of Québec				
Fund raising campaign	194,182	-	194,182	337,350
Community programs	534,651	-	534,651	272,957
International programs	35,219	-	35,219	29,722
	764,052	-	764,052	640,029
Excess (deficiency) of revenue over expenses	558,702	41,255	599,957	(596,533)
Fund balances, beginning of year	(73,697)	4,333,333	4,259,636	4,829,810
Change in accounting policy	-	-	-	26,359
Fund balances, restated	(73,697)	4,333,333	4,259,636	4,856,169
Excess (deficiency) of revenue over expenses	558,702	41,255	599,957	(596,533)
Fund balances, end of year	485,005	4,374,588	4,859,593	4,259,636

THE YMCAs OF QUÉBEC FOUNDATION

Balance sheet

As at December 31, 2009

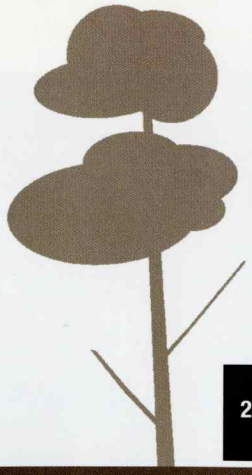
	General Fund		Endowment Fund		Total	
	2009	2008	**2009**	2008	**2009**	2008
	$	(Restated) $	**$**	(Restated) $	**$**	(Restated) $
ASSETS						
Current assets						
Cash and short-term investments	**2,859,141**	2,622,690	**103,782**	63,370	**2,962,923**	2,686,060
Short-term deposits, with interest rate of 0.20% and maturing on May 14, 2010 and May 17, 2010 (2.50% and 2.75% and maturing on April 17, 2009 and May 18, 2009 in 2008)	**540,679**	607,879	**-**	-	**540,679**	607,879
Accounts receivable and prepaid expenses	**5,879**	6,600	**-**	-	**5,879**	6,600
Due from Endowment Fund (2008 – General Fund)	**357,648***	-	**-**	201,280*	**-**	-
	3,763,347	3,237,169	**103,782**	264,650	**3,509,481**	3,300,539
Investments	**-**	-	**4,628,454**	4,080,269	**4,628,454**	4,080,269
	3,763,347	3,237,169	**4,732,236**	4,344,919	**8,137,935**	7,380,808
LIABILITIES						
Current liabilities						
Due to The YMCAs of Québec	**3,278,342**	3,109,586	**-**	-	**3,278,342**	3,109,586
Other deferred revenue	**-**	-	**-**	11,586	**-**	11,586
Due to General Fund (2008 - Endowment Fund)	**-**	201,280*	**357,648***	-	**-**	-
	3,278,342	3 310 866	**357,648**	11,586	**3 278 342**	3,121,172
FUND BALANCES						
Externally restricted	**-**	-	**2,490,788**	2,450,533	**2,490,788**	2,450,533
Internally restricted	**-**	-	**1,883,800**	1,882,800	**1,883,800**	1,882,800
Unrestricted	**485,005**	(73,697)	**-**	-	**485,005**	(73,697)
	485,005	(73,697)	**4,374,588**	4,333,333	**4,859,593**	4,259,636
	3,763,347	3,237,169	**4,732,236**	4,344,919	**8,137,935**	7,380,808

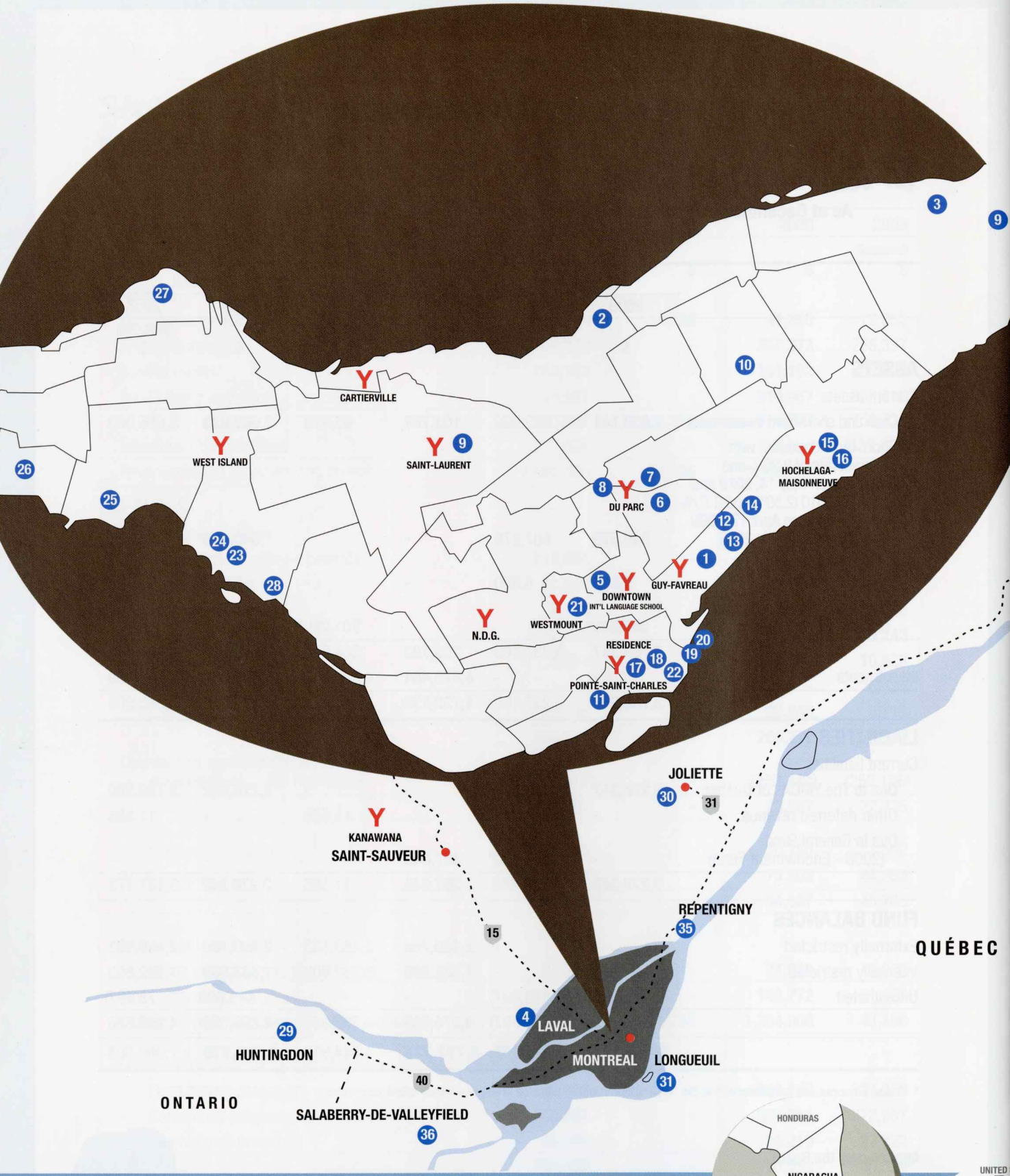
* These amounts are not presented in the 'Total' column of the balance sheet since they offset each other.

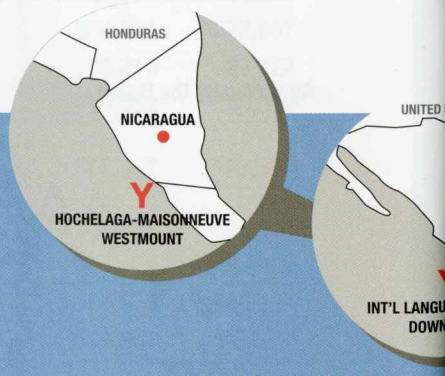
Approved by the Board

Director

Director

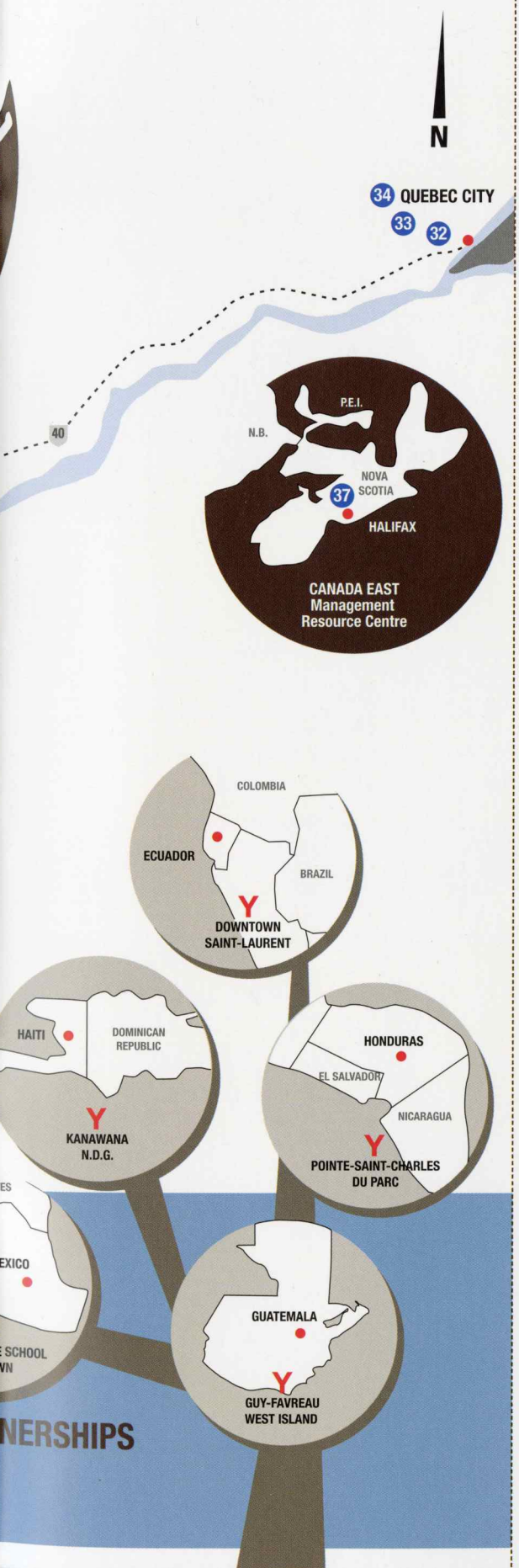






INTERNATIONAL PAR

The YMCAs of Québec outreach



MONTREAL REGION

CARTIERVILLE Y 11885 Laurentien Blvd. Côte-Vertu **514.313.1047**

CENTRE-VILLE Y 1440 Stanley Street Peel **514.849.8393**
1. **First Stop:** Central Bus Station Berri-UQAM
2. **CJLE and SAE:** Montréal Detention Centre, Gouin Blvd. East Henri-Bourassa
3. **CJLE:** Rivière-des-Praries Detention Centre, Armand-Chaput Ave. Radisson
4. **CJLE:** Federal Training Centre, Lévesque Blvd. East, Laval
5. **Day Camp at Collège de Montréal:** 1931 Sherbrooke Street West Guy-Concordia

DU PARC Y 5550 Park Ave. Place-des-Arts or Parc **514.271.9622**
6. **Café 3D:** École Saint-Louis, 38 Fairmount Street East Laurier
7. **Âme-art-Mile End Artists' Co-op:** 5345 Park Ave. Place-des-Arts or Parc
8. **Du Parc Y centre and Du Parc Y-Ubisoft daycares:** 160 Saint-Viateur Street East, 4th floor, suite 411 & 421

Alternative Suspension:
9. **Pointe-aux-Trembles:** Corporation Mainbourg, 14115 Prince-Arthur Street, local 455
10. **Saint-Léonard:** Maison des jeunes Le Zénith, 5676 Jarry Street East, Saint-Léonard
11. **Verdun:** 4609 de Verdun Street Verdun

Du Parc Y: 5550 Park Ave. Place-des-Arts or Parc **514.271.9622, ext. 207**
Hochelaga-Maisonneuve Y: 4567 Hochelaga Street Viau **514.255.4651**
Saint-Laurent Y: 1745 Décarie Blvd. Côte-Vertu **514.747.9801**

GUY-FAVREAU Y 200 René-Lévesque Blvd. West
Place-d'Armes or Place-des-Arts **514.845.4277**
12. **École Champlain:** 2260 Logan Street Papineau
13. **École Marguerite-Bourgeois:** 2070 Plessis Street Papineau
14. **École Jean-Baptiste-Meilleur:** 2237 Fullum Street Frontenac

HOCHELAGA-MAISONNEUVE Y 4567 Hochelaga Street Viau **514.255.4651**
15. **École Marguerite-De Lajemmerais:** 5555 Sherbrooke Street East Assomption
16. **École Chomedey-De Maisonneuve:** 1860 Morgan Ave. Pie-IX

NOTRE-DAME-DE-GRÂCE Y 4335 Hampton Ave. Villa-Maria **514.486.7315**

POINTE-SAINT-CHARLES Y 255 Ash Ave. Charlevoix **514.935.4711**
17. **St. Gabriel Elementary School:** 600 Dublin Street Charlevoix
18. **École Charles-Lemoyne:** 2001 Mullins Street
19. **École de la Petite-Bourgogne:** 555 des Seigneurs Street
20. **Logifem:** 2235 Saint-Jacques Street
21. **Westmount Park Elementary School:** 15 Park Place Atwater
22. **École Jeanne-Le-Ber:** 2120 Favard Street Charlevoix

SAINT-LAURENT Y 1745 Décarie Blvd. Côte-Vertu **514.747.9801**

WEST ISLAND Y 230 Brunswick Blvd., Pointe-Claire **514.630.9622**
23. **John Rennie High School:** 501 Saint-Jean Blvd., Pointe-Claire
24. **École secondaire Félix Leclerc:** 311 Inglewood Street, Pointe-Claire
25. **Macdonald High School:** 17 Maple Street, Ste-Anne-de-Bellevue
26. **École secondaire St-Georges:** 300 Ste-Anne Street, Senneville
27. **Pierrefonds Comprehensive High School:** 13800 Pierrefonds Blvd., Pierrefonds
28. **École secondaire Dorval-Jean XXIII:** 1301 Dawson Street, Dorval

WESTMOUNT Y 4585 Sherbrooke Street West Vendôme **514.931.8046**

CAMP Y KANAWANA 673 Saint-Elmire Street, Saint-Sauveur-des-Monts
Administration: 1435 Drummond Street, 4th floor Peel **514.849.5331**

YMCA INTERNATIONAL LANGUAGE SCHOOL **514.849.8393, ext. 709**
1440 Stanley Street, 5th floor Peel

YMCA RESIDENCE 4039 Tupper Street Atwater **514.932.5353**

HUNTINGDON **450.322.6140**
29. **Alternative Suspension:** Maison des jeunes de Huntingdon (Program Host), 4 Lorne Street, suite 102

JOLIETTE **450.755.2226**
30. **Alternative Suspension:** Carrefour jeunesse-emploi d'Autray-Joliette (Program Host), 580 Richard Street

LONGUEUIL **514.236.9509**
31. **Alternative Suspension:** La maison de Jonathan Inc. (Program Host), 347 Saint-Charles Street

QUEBEC CITY
32. **Saint-Roch YMCA-community space:** **418.525.9622**
275 du Parvis Street, suite 206B
Federal Public Sector Youth Internship Program / Quebec City Compensatory Work Program / You Can Go / Alternative Suspension
33. **Day Camp-Saint-Roch:** Saint-Roch centre, 230 Dupont Street **418.525.9622, ext. 2221**
34. **Les Saules YMCA-community space:** 6300 de l'Ormière Blvd. **418.861.9999**
Alternative Suspension

REPENTIGNY **450.581.3785**
35. **Alternative Suspension:** Carrefour jeunesse-emploi de L'Assomption (Program Host), 10 Notre-Dame Street, 3rd Floor

SALABERRY-DE-VALLEYFIELD **450.373.6788**
36. **Alternative Suspension:** Maison de la jeunesse 12-17 de Valleyfield (Program Host), 185 Alphonse-Desjardins Street

HALIFAX **1 800.565.2825**
37. **Canada East Management Resource Centre:** 1565 South Park Street

The YMCAs of Québec

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